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BLASTING OFF WITH SCANNING THE BAND

by Tania Teh

Tania Teh has been presenting business-oriented workshops in Malaysia and using the Hemi-Sync® tapes for personal growth since her GATEWAY VOYAGE®; however, she kept postponing a venture into one particular area. A “chance” encounter with the winter 1999 quarterly tape forced the issue. Tania sent this e-mail report on January 18, 1999.

Since returning from The Monroe Institute in 1995, apart from a one-time “pseudo wave” of light vibrations while going into a deep state of relaxation, I had not explored the out-of-body experience (OOBE). It felt like I could have an OOBE whenever I wanted. With a couple of days of seclusion spent listening to GATEWAY VOYAGE tapes day and night, I would simply shoot off. It wasn't my top priority. Equipping myself with knowledge by reading about the OOBE state in depth should be the first step.

Coincidentally, at a recent dinner with my nieces I wound up relating my experiences at TMI—a near OOBE with violent head vibrations at the VOYAGE, visits to the nonphysical energy realm [Focus 27] during LIFELINE®, and encounters with my late husband and other deceased relatives. A few months earlier, a doctor friend who is using the GATEWAY EXPERIENCE® and wanted to have an OOBE had asked when I was going to do it. I jokingly replied that the mission was postponed because of my marriage plans. Then I met an American friend who is very interested in metaphysics but unsuccessful at OOBEs.

Sometimes things seem programmed to happen. Events feel predestined, like the itinerary is already mapped out. On January 16 my quarterly tape, *Scanning the Band*, arrived. It's an exercise for moving beyond physical matter perception and lingering to enjoy one's favorite vibrational state. One more “coincidence” prepared the way for my experience today. I awakened at 5:30 a.m. It's my habit to stay up when that happens. After going downstairs, downloading and answering mail, and web surfing, I felt sleepy. At 8:00 a.m. I decided to take a one-and-a-half-hour nap using the new tape. There were no expectations whatsoever. I was just plain sleepy and tried to concentrate a little on the tape instructions. I relaxed deeply and did resonant tuning, breathing positive energies in and out, popping a ball of energy down and around. At that stage there was a difference from the other times but exactly what it was is indefinable now. My relaxation deepened and, at some point, I must have clicked out.

Suddenly vibrations were shaking my body. My whole body!!! I realized what was going on and waited happily, fully alert to the sensations. The vibrations were accompanied by loud noises (like a roaring engine), but fortunately they never became uncomfortably loud. For several seconds, probably less than a minute, I wondered what would happen next—whether I'd take

off or not. Then, I felt a hand or two tapping/tugging at my shoulder. At first the irritation interfered with focusing on the vibrations. As the tugging became more insistent, I recalled reading that energy guides sometimes assisted with OOBes. Without fear, I thought, “Oh good, there is someone to help me,” and surrendered completely. All at once I was lifted off and upward.

I zzzzzoooooooooommed horizontally across the room, a little frightened now of knocking into the wall. I went right through it with no pain! Probably I flew through quite a few walls/articles too fast to know what they were.

Next, I was in the air at maybe a forty-five-degree angle and a strong arm was around me on my right. I was flying with my guide! It was almost like flying with Superman except my guide is female. How nice to be supported on my first trip out instead of feeling lost. I felt the air against my face and clung to my guide. My mind said, “Oh, I better hang on tight; if I let go I would fall.” We landed on the wooden platform of a pier. I finally saw my guide’s child-like face. Subsequently, I noticed some people behind us and we walked on and entered a restaurant. The people inside were not Chinese as I would have expected. From that juncture onward, my recall is hazy. Quite abruptly I was in my body. Despite my attempts to note the sensations while coming back, there weren’t any significant perceptions. Besides being ecstatic, dizzy, giddy, and ready to tell the world, I was exceedingly hungry! Someone asked me how I could tell this was an OOBie rather than a lucid dream/illusion. I don’t know enough to answer that, but it was certainly real at the time.

My “blastoff” happened in broad daylight. Since then I’ve only played *Scanning the Band* at bedtime. It’s interesting that—unlike other Hemi-Sync tapes I’ve tried—with this one there’s a “heavy as lead” feeling in just my arms. Maybe if I got really “beat” and my whole body felt that way, it would trigger another OOBie. So I’m still experimenting, trying to find the “recipe” without being anxious. I know it will happen again and again.

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